



## Time to take centre stage?



Ever felt like something was holding you back at work? Have you been hesitant to apply for more senior roles, or perhaps you've been passed over for promotion? Maybe you're self-employed and prefer to hang back when it comes to networking, or leave it to others to speak and share their views.

If this sounds familiar, you may be suffering from a lack of self-confidence, prone to procrastination, or simply unsure of the support from others around you. But equally there are many other reasons why you may not be prioritising your own career growth and development. Hopefully, our top tips will enable you to emerge from the wings and shine brightly at work!

- 1. Take the time to understand yourself.** Work out what makes you tick, gets you motivated and what your strengths and weaknesses are. Learning about yourself is critical to building self-understanding and awareness and vital for success.
- 2. Stop comparing yourself to others.** It's time to silence your inner critic, trust yourself and your judgement, and put your effort into focusing on your own success, watching as your self-confidence soars.
- 3. Adopt a positive mindset.** Mix with positive people and think about the positives in situations. This will help you become more resourceful and resilient when it comes to overcoming obstacles.
- 4. Set achievable goals.** Choose realistic objectives and commit to them, making sure you measure and evaluate your progress along the way to maintain focus. And don't forget to reward your achievements.

**5. Be open to change.** Being flexible and able to adapt to whatever life throws at you will ensure you benefit from a range of different experiences. It will also teach you new skills, enabling you to feel stronger, more prepared and confident.

**6. Look for opportunities.** Find opportunities to present your thoughts, even if it feels uncomfortable. This will help you to move out of your comfort zone into the stretch zone which is where the learning happens.

**7. Never stop learning.** No one ever knows it all but you don't need to go back to school or college as you can learn from the people and environment around you, increasing your knowledge and sharpening your mind.

**8. Find someone to support you.** Whether that's a colleague to fight your corner and big up your abilities, or a mentor/coach to provide motivation and help you to implement and prioritize strategies to help with your personal growth and development.

**9. Be a team player.** Collaborating with others means you can share and exchange ideas, providing you with an outlet to find creative ways of doing things and exploring alternative solutions to solve difficult problems.

**10. Focus on the bigger picture.** Instead of getting bogged down in minor details, think about how your actions/goals etc, can affect the overall success of a project.

**Finally... reframe what success looks like.** Is smashing goals or being the best at what you do the only definition of success, or can having a great idea, or implementing a new policy, also mean success? By changing your perspective you can determine your own measures of success and shine in your own way!

**To find out how I can help you on your journey to self-growth and success, call 07734 080073.**